Index of Scheduled Events

Regular Programs at Headquarters:

Skills for Resilient Living Seminars: 3rd Tuesday of the Month at 11:00 Meditation/Breathing Re-training Group: Monday, Thursday, Friday at 12:00 Introduction to Tai Chi and Qi Gong: Tuesdays at 12:30 Mind/Body Class for Stress Reduction: Wednesdays at 12:30 Lactation Program for Nursing Moms: By Appointment "The Doctor is In" Coaching Program: By Telephone and Appointment Research Services for Childcare, Legal Services, etc.: By Telephone and Appointment

Regular Programs Available Off-Site:

Video of Skills for Resilient Living Seminars available for viewing on out webpage "The Doctor is In" Coaching Program
Research Services for Childcare, Legal Services, etc.

Special Events:

Lunch and Learn: Financial Planning for your Kids' College Tuition: September 6, 2006 Lunch and Learn: Volunteering in Montgomery County Schools: September 27, 2006 Workshop: Walking Safe: Strategies for Awareness and Self-Defense; October 4, 2006

Please contact the Worklife Center (301-713-9456) to sign up and receive more information!